

# The Sourdough

S E N T I N E L

March 25, 2005

Elmendorf Air Force Base, Alaska

Vol. 56, No. 12

**More than  
meets the  
eye...**

***Security Forces keep  
Airmen safe, both  
home and abroad***

**--Pages 12-13**





TECH. SGT. KEITH BROWN

## Elmendorf musher crosses finish line

Maj. (Dr.) Tom Knolmayer, chief of surgery at the 3rd Medical Group hospital, drives his dog team to the White Mountain checkpoint, 77 miles from the Iditarod finish line in Nome, Alaska. Major Knolmayer spent 13 days, 22 hours, 13 minutes and 25 seconds on the Iditarod Trail before crossing the finish line Sunday at noon. The Iditarod covers nearly 1,150 miles, which is roughly the distance between New York City to Orlando, Fla.

# Action Line



Brig. Gen. Michael Snodgrass  
3rd Wing Commander

Do you have a problem you can't seem to get solved? Would you like to recognize someone for a job well done? The commander's action line is your avenue to communicate your questions, comments and concerns directly to the commander, Brig. Gen. Michael Snodgrass. Your calls will get the commander's personal attention and be answered in a timely manner.

If you have a question, call or e-mail the action line at:

**552-2224**  
**actionline@elmendorf.af.mil**

The following commanders stand ready to help you and can answer the majority of your questions. If they can't help, then please call the Action Line.

**Key phone numbers:**

- Col. Christopher Thelen, 3rd CES/CC  
552-3007
- Lt. Col. David Aupperle, 3rd SVS/CC  
552-2468
- Lt. Col. Robert Garza, 3rd SFS/CC  
552-4304



■ **Capt. David Unruh**, 12th Fighter Squadron, orchestrated the seamless deployment of the 12th FS and 962nd Airborne Air Control Squadron during the COPE SANDS exercise at Holloman Air Force Base, New Mexico. His managerial aptitude was essential for coordinating airspace, billeting, and transportation for this exercise.

■ **Barrier maintenance team**, 3rd Civil Engineer Squadron, assured 100 percent operability of the primary aircraft arresting barrier after discovering a severe tear on the installed tapes.

The team swiftly coordinated a plan with Base Operations to remove tapes from a backup barrier and install them on the primary barrier. They certified the system operational in less than four hours.

■ **Staff Sgt. Casey Hamburg**, 3rd Equipment Maintenance Squadron, inspected and found items needing immediate attention to prevent possible hazardous waste violations.

He spotted two types of chemicals that were not compatible and immediately took action to resolve the problem by acquiring containment bins. His quick response ensured a continued safe workplace and full compliance with environmental policies.

■ **Staff Sgt. Brady Mimitz**, 3rd Dental Squadron, took great pride in bringing National Children's Dental Health month activities to Elmendorf.

She worked with all four base elementary schools, pre-schools and Child Development Centers to schedule dental briefings on proper brushing and flossing for more than 1,300 children.

Her outstanding efforts heightened people's awareness of good oral health.

■ This week's commander's shadow is **Senior Airman Jason Wilson**, 3rd Equipment Maintenance Squadron.

## Conserving energy means keeping heat down

**Master Sgt Tommie Baker**  
3rd Wing Public Affairs

The weather appears to have taken a turn in favor of warmer temperatures. Yes, there might be a few more bouts of cold, wintry weather, but now is still an ideal time to think about how to conserve household utilities.

According to the Energy Information Administration, it is possible to decrease home energy use in the United States by 10 percent. The largest energy use in the home is heating. The EIA states that keeping the heat on a very high temperature can waste a lot of energy. By simply turning down the heat a few degrees, a large amount of energy can be saved.

There are many myths regarding conserving energy. One is about turning down the heat. Some say it is pointless to turn down the heat while in the home or away because it uses just as much heat to get back to the desired temperature.

According to the EIA, this state-

ment is somewhat true because the energy saved in reducing the heat of the house is then used to return the home to the original temperature. However, turning down the heat saves a large amount of energy. The key is to keep the temperature down as long as possible. When the heat is down, the furnace does not need to run as long, thus saving energy. Reducing the heat for eight hours saves enough energy to compensate for the energy used in returning the heat to the original setting. So, turn your heat down, but to really save energy, keep it down.

Another myth is that the higher the thermostat setting, the higher the temperature released from the furnace is.

The EIA states that this is definitely not true. Again, what changes the temperature in a house is how long the furnace is running. If the heat is kept at a higher temperature for a long period, the furnace has to run longer to keep the home at a higher constant temperature. The bottom line is that to save energy, turn down the heat and keep it down,

because the less amount of time the furnace runs, the less energy is used.

"To save some of this energy, the best thing that homeowners can do is to turn down the thermostat," said Mr. Paul Degner, 3rd Civil Engineer Squadron base energy manager. "If every night during the winter the thermostat is decreased by 15 degrees, then approximately 15 percent of the heating bill can be saved per year.

"By turning down the thermostat, we are also helping the environment. By not running the furnace as long, less gas is being used; therefore, less needs to be processed.

"Other means of conserving energy can be realized by consistently following energy saving tips. Close doors and windows when the heat is on, close blinds at night to help reduce heat loss through the windows, close blinds on the sunny side of the house during the summer, turn off outdoor lights during the day, keep heating furnace filters clean, and turn off all lights when not being used," added Mr. Degner.

## 3rd Wing Moment in History



### March 27, 1942:

The 3rd Bomb Group "borrowed" 24 B-25s from the Dutch. The group welcomed the new aircraft despite the fact almost no one had any training on the new planes.



**The Sourdough**  
SENTINEL

Published by ANCHORAGE PUBLISHING, INCORPORATED, Anchorage, Alaska, a private firm in no way connected to the U.S. Air Force, under exclusive written contract with the 3rd Wing. This commercial enterprise newspaper is an authorized publication for members of the U.S. Military services in Alaska. Contents of the Sourdough Sentinel are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, or the Department of the Air Force.

The appearance of advertising in this publication, including inserts and supplements, does not constitute endorsement by the Department of Defense, the Department of the Air Force, or ANCHORAGE PUBLISHING, INCORPORATED of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use, or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor for the purchaser, user or patron.

For information on advertising, call 561-7737 or fax to 561-7777. Editorial content is edited and approved by 3rd Wing Public Affairs at Elmendorf Air Force Base, Alaska. For information about items used in the Sourdough Sentinel, call 552-2493 or e-mail to [sourdough.sentinel@elmendorf.af.mil](mailto:sourdough.sentinel@elmendorf.af.mil). All photos are Air Force photos unless otherwise indicated.

**Best in DoD 2000**

**Best in Air Force**

**1999, 2000 & 2001**

**Best in PACAF**

**1998, 1999, 2000 & 2001**

Editorial Staff

**Brig. Gen. Michael Snodgrass**

3rd Wing Commander

**Lt. Col. Michael Halbig**

Chief, Public Affairs

**Staff Sgt. Mike Edwards**

NCOIC, Internal Information

**Senior Airman Austin May**

Editor

**Senior Airman Amy Morrisette**

Staff Writer

**Airman 1st Class Garrett Hothan**

Photographer



# Brothers and sisters in combat boots

*Arctic Warriors are volunteering each week as mentors for Anchorage youth*

By Capt. Amy Hansen  
3rd Wing Public Affairs

Imagine a 12-year-old boy who has never been fishing. How about a 14-year-old girl who has never been to the Nutcracker? Or a second-grader who doesn't have any friends?

Well, that's why there are Big Brothers and Big Sisters. Nearly 100 Elmendorf Airmen are volunteering time each week to mentor a "Little," a boy or girl in the community who needs some special attention.

Big Brothers Big Sisters of Anchorage matches a young person with an older person that has similar interests, hoping to foster a friendship between the two, according to Ms. Quinn Michie-Horner, BBBS-Anchorage recruitment and marketing coordinator.

The "match" leads to consistent, reliable individual attention for a child who might not get it at home, and is also a rewarding and fun experience for the adult, she said.

First Lt. Kate Westfall, 3rd Communications Squadron officer in charge of contingency systems, is matched with 11-year-old Christina.

"We've gone to movies, we go tubing, and we like to do arts and crafts together," said Lieutenant Westfall. "We vary it week to week and I try to introduce her to things she hasn't done before."

"The experience has been extremely rewarding because I've been told that Christina's grades have improved and that she's much better socially since I've been working with her. I'm extremely proud of her, and it's pretty cool to be told that I had something to do with it," she said.

Big Brothers Big Sisters offers several programs for volunteers to choose from. The school-based program matches an adult with a child at a nearby school. The match meets for one hour a week at the school during the day.

Volunteers for this program commit to one hour a week for the 9-month school year, which is not as daunting as it may sound due to an Air Force volunteerism program, according to Mr. Rocky

Latta, Family Support Center family specialist.

Many members of the 3rd CS participate in the school-based program at Wonder Park Elementary School, said Ms. Michie-Horner.

Another program the Partnership in Education program, authorizes active-duty members and Department of Defense civilians to volunteer in a school for two hours per pay period, mission-permitting and with supervisor permission.

The other program Big Brothers Big Sisters offers is community-based, where an individual or couple gets matched with a child, usually between 6 and 14 years old. The adult must commit to a year of the partnership so that they are a consistent part of the child's life. Depending on adult preference, the child can be part of the state foster system, an incarcerated youth, or one that has been recommended by a parent or social worker.

Senior Airman Eric Isaacs, 90th Fighter Squadron life support technician, and his wife, Airman Anastacia Isaacs, 12th Fighter Squadron life support technician, were matched as a couple to a little boy for almost a year.

"We only had to go out weekly with him, but you could do more," said Senior Airman Isaacs. "We took him to the movies, the pet store, the Alaska State Fair, and other places he'd never been before. Sometimes he would just come over and we'd go to the BX and play video games."

"We decided to do it because we wanted to help. I had a mentor when I was younger, and I knew the impression we could make. We also thought we were positive role models — we love teaching, kids, and helping others," he said.

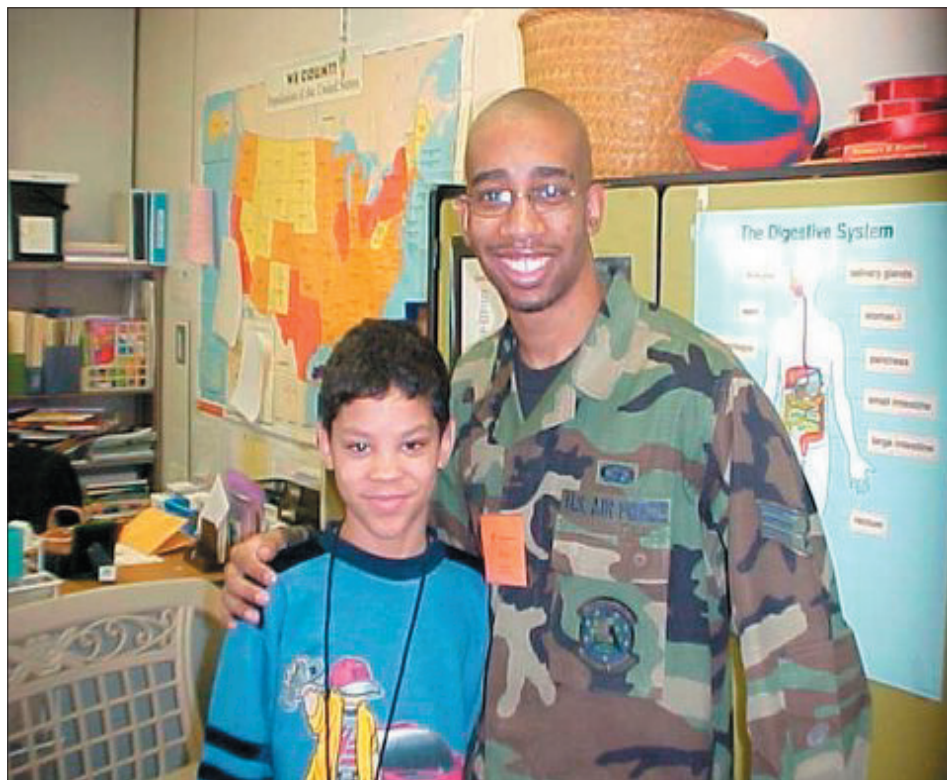
Ms. Michie-Horner said that military members make excellent "Bigs."

"Military members are reliable individuals. They are also serving our country, so they are good role models that kids can look up to," she said. "Many military members are former Littles."

About 20 percent of BBBS-Anchorage volunteers are military members, and most of those are Air Force, said Ms. Michie-Horner.

"I would recommend military members do it — there are a lot of children out there, some may be on the waiting list for 7-12 months," said Senior Airman Isaacs. "What we do on a daily basis is a big deal. The small things that we take for granted they look up to."

The "Littles" seem to agree. Although a trip to an Aces game was his favorite outing, Little Brother Dominic, 10, remembers clearly when his Big Brother, Master Sgt. Daniel Bezon, 3rd Wing Chapel, brought him on base.



COURTESY PHOTO

**Big Brother Senior Airman Patrick Garrett, 3rd Communications Squadron is matched up with his Little Brother Marquese through the school based program.**

"When I went to the base the planes were taking off. It was really loud!" he said.

"Elmendorf has just been fantastic," said Ms. Michie-Horner. "I'm just amazed at how many military volunteers we have calling. The 381st Intelligence Squadron even hosts our picnic each August — this is our 17th year!"

When asked why a person should get involved, Ms. Michie-Horner said that it's about hope. "I would say you are making a difference in a child's life. You're bringing light to this child's life. You are opening up a child's world — introducing the children to new experiences that wouldn't be

possible without a volunteer. You're providing hope for a child's future," she said.

Lieutenant Westfall said she gets as much out of the program as her match. "I get to remember what it's like to be a kid again and see the world through their eyes,

instead of getting bogged down in my day-to-day responsibilities. It's fun."

But perhaps the best reward is captured in the words of Dominic. "My favorite part is that I get to spend time with my Big Brother, Dan, and I think his favorite part is spending time with me."

*"Elmendorf has just been fantastic. I'm just amazed at how many military volunteers we have calling."*

Ms. Quinn Michie-Horner  
BBBS-Anchorage recruitment and marketing coordinator



COURTESY PHOTO

**Big Brother Capt. Nate Maertens, 3rd Aerospace Medicine Squadron and Little Brother Tyler enjoy activities such as skiing at Hillberg together.**



**Big Brothers Big Sisters**  
of Anchorage



# Arctic Warrior takes top enlisted PACAF position

*Command chief moves from 11th Air Force to assume new role covering Pacific region*

**By Master Sgt. Tim Hoffman**  
Alaskan Command public affairs

“Today’s Airmen are the best we’ve ever had — that’s been made clear to me over and over again here in Alaska,” said Chief Master Sgt. Rodney McKinley during his last day on the job as 11th Air Force Command Chief Master Sergeant.

The chief left Thursday for his new position as command chief for the 33,000 Airmen of Pacific Air Forces at Hickam Air Force Base, Hawaii.

“The education level, personal background and Air Force training our Airmen have today make them better than any I’ve seen since I first joined in 1974,” said the chief. “Their focus is intently on the mission and on being combat ready. They embrace our values of integrity, service and excellence and apply them to make today’s Air Force the most effective

fighting force ever.”

That effectiveness, said the chief, is also dependent on the relationship leaders have with their people.

“When it comes to leadership I have two simple guidelines. First, whatever job the Air Force gives you, do your very best. Second, try to be kind,” said the chief. “When you reach out a helping hand to someone and provide a smile, that can go a long way. Kindness, coupled with trust and respect, will build relationships that will enable your team to go out and make things happen.”

The chief was quick to point out that being kind does not mean you are a pushover.

“We all have to adhere to and enforce standards and personal responsibility; however, if you have folks in the right mindset, you treat them well, and they are doing their very best, then you will be effective.”

The chief is ready to jump into his new responsibilities, but also

wants to take time to build relationships and understand the complex issues facing the command.

“My focus will be the same as it is for all command chiefs.

It will be on the health, morale, and welfare of our Airmen and on their training and equipping,” said Chief McKinley. “I think we need to keep focused on wellness. Alcohol-related incidents, suicide and family maltreatment all have devastating effects on our Airmen, their families and the Air Force mission.

The good news is these are all preventable, but we all need to keep a caring attitude and help educate, train and support our folks so they can overcome these challenges when they face them.

“We also have to be responsible with the funds we are given. We need to make sure we are guardians of the tax payers’ money and use it wisely and effectively. With everything we

do and everywhere we are deployed it’s important to get the most ‘bang’ for our buck.”

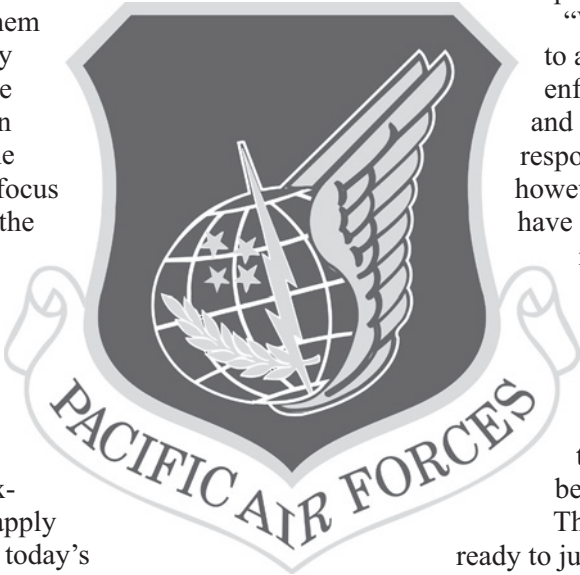
The chief said he was also honored and

humbled by confidence placed in him first by Lt. Gen. Carroll Chandler, commander of Alaskan Command, and now Gen. Paul Hester, commander of PACAF.

“I’m just awestruck by the confidence and responsibility they’ve given me,” said the chief. “I pledge to continue doing the best I can for the fantastic people of the command.”

Although Chief McKinley is looking forward to new responsibilities, he regrets that he’s only had a short 10 months in Alaska.

“It’s been a personal thrill to serve here,” said the chief. “This place, with the 3rd and 354th Wings, has great traditions and great people. Paula and I have cherished the time and people we met here and can’t wait to come back some day soon.”



# Local student attends leadership course in D.C.

*Bartlett senior one of 400 chosen to participate in skill-building conference in Washington this month*

**By Tech. Sgt. Theo McNamara**  
3rd Wing Public Affairs

An Elmendorf teenager is among 400 from around the United States who are involved in a leadership development program this week in Washington D.C.

Jason Keller, a senior at Bartlett High School, son of Master Sgt. Thomas Keller, 3rd Contracting Squadron, is one of 400 high school students selected to participate in

a six-day leadership development program called the National Young Leaders Conference.

“The conference prepares students like Jason to serve our country, whether that means as an elected official in our nation’s capital, as an active member within a community, or as an intelligent, creative and responsible member of the work force,” said Mr. Mike Lasday, executive director of the Congressional Youth Leadership

Council, the organization that sponsors the conference.

The conference, which began March 15, has special meetings and briefings in which include a number of leadership skill-building activities and simulations.

In one role-play activity titled “If I Were President,” students act as the president and cabinet members to respond to an international crisis.

Jason and his fellow students will also participate in “Test the Constitution,” in which they examine actual Supreme Court cases.

The conference culminates with the “Model Congress,” in which the scholars assume the roles of United States Representatives, and debate, amend and vote on proposed mock legislation.

Jason was nominated by one of his high school teachers and was selected to attend based on his demonstrated leadership potential and scholastic merit.

Besides being a student at Bartlett, he also is actively involved in the Boy Scouts of America and Junior Reserve Officer Training Corps.

# Alcohol-related incidents lead to three Article 15s

■ A staff sergeant from the 3rd Communications Squadron made false claims on his travel voucher. His punishment was a suspended reduction to senior airman, suspended forfeiture of \$250 pay per month for two months, and a reprimand.

■ An airman first class from the 3rd Aircraft Maintenance Squadron was drinking underage and failed to obey a lawful order by having alcohol in the dormitories, and he communicated a threat. His punishment was a reduction to airman, 15 days restriction to base, and 30 days extra duty.

■ An airman first class from the 3rd Aircraft Maintenance Squadron was driving while intoxicated. His punishment was a reduction to airman, a suspended reduction to airman basic, 30 days restriction to base, and 30 days extra duty.

■ A staff sergeant from the 3rd Security Forces

Squadron failed to obey a lawful order and assaulted another member while deployed to Manas Air Base, in the Kyrgyz Republic. His punishment was a suspended reduction to senior airman, forfeiture of \$400 pay per month for two months and a reprimand.

■ An airman basic from the 517th Airlift Squadron failed to report for duty on time, utilized a government personal identification number for personal use, and was found sleeping on duty. His punishment was a suspended forfeiture of \$617 pay, 35 days extra duty, and a reprimand.

■ A senior airman from the 3rd Maintenance Operations Squadron pointed a loaded gun at his wife, which constitutes assault with a dangerous weapon. His punishment was a reduction to airman first class, 20 days extra duty, and a reprimand.

■ An airman from the 732nd Air Mobility

Squadron failed to obey a lawful order by wrongfully driving on base while his driving privileges were suspended. His punishment included a reduction to airman basic, and a reprimand.

■ A senior airman from the 3rd Component Maintenance Squadron was drinking underage. Additionally, he made a false official statement, and discharged a firearm from a moving vehicle. His punishment included a reduction to airman and a suspended forfeiture of \$692 pay per month for 2 months.

■ A senior airman from the 3rd Component Maintenance Squadron was derelict in his duties when he failed to install warning tags on an aircraft. His punishment included a suspended reduction to airman first class, suspended forfeiture of \$200 pay per month for two months, and 30 days extra duty.





STAFF SGT. RYAN MATTOX

**Airman 1st Class Leland Driggs, Jr.**

**Duty title:** 3rd Communications Squadron ground radio apprentice

**Hometown:** Fairbanks, Alaska.

**Hobbies:** Billiards, snowboarding and spending time with family

**How he contributes to the mission:** Maintains high-frequency communications for Airborne Warning and Control Systems aircraft.

**Time at Elmendorf:** 21 months

**Best part of being in Alaska:** Being close to family and friends

**Supervisor’s comments:** “Airman Driggs has proven time and time again to be professional and an asset to the Air Force. I expect nothing but excellence from my troops, and he has never let me down.” Staff Sgt. Bradford Rogers



SENIOR AIRMAN AMY MORRISSETTE

**Staff Sgt. Oluwasina Awolusi**

**Duty title:** 3rd Medical Supply Squadron pharmacy supply custodian

**Hometown:** Philadelphia, Pa.

**Hobbies:** Soccer, video games, and activities with family and friends

**How he contributes to the mission:** Orders medications and pharmaceutical supplies, and ensures active-duty members and dependents are able to receive exactly what the doctor ordered

**Time at Elmendorf:** Two years

**Best part of being in Alaska:** The vast opportunity to enjoy nature and experience different things, as well as appreciate all of Alaska’s natural beauty

**Supervisor’s comments:** “Sergeant Awolusi is the consummate professional. His ‘can do’ attitude is infectious and inspires us all to work diligently to support the mission regardless of the obstacles we face.” Master Sgt. Mark Davis

Boniface Gate closure

The outbound lanes at Boniface Gate will be closed for canopy repairs through Sunday. The gate’s inbound lanes and the Visitor Center will remain open as usual. To facilitate after hours departures, the outbound lanes at the Muldoon Gate will be open 24/7, inbound lanes will be closed at the normal times. For more information, call Mr. Robert McElroy at 552-1601.

Flu vaccine

The 3rd Medical Group has doses of flu vaccine remaining for any beneficiary six months and older regardless of risk history. The Immunizations Clinic hours are 7:45 a.m. to 4:30 p.m. Monday through Friday. For more information call 580-5812.

Blood drive

A blood drive will be held Monday at the Arctic Oasis Community Center from 9 a.m. to 5 p.m. Appointments are recommended. To sign up, contact your unit blood program monitor or call 1st Lt. Veronica Acker at 552-2267.

Free child care

Returning Home Care is available for individuals returning from deployments through the Family Child Care program. Servicemembers are entitled to 16 hours of free FCC within 30 days of their return. For more information, call 552-3995.

ATV briefings

A pre-season all-terrain vehicle safety briefing will be April 12 at the Base Theater at 10 a.m. and 2 p.m. The

briefing is mandatory for all those who plan to ride an ATVs this summer. For more information, call Tech. Sgt. David Case at 552-3938.

AFAF campaign

The Air Force Assistance Fund campaign is currently underway. During this time, Airmen can contribute to any of four official charitable organizations. The charities benefit active-duty, Reserve, Guard, retirees, surviving spouses and families. See your unit AFAF representative to make a donation. For more information, go to [www.afassistancefund.org](http://www.afassistancefund.org).

Town hall meeting

The 3rd Wing Commander and Aurora Military Housing will hold a Town hall meeting for all Phoenix residents April 7, at 7 p.m. in the Susitna Club. The upcoming move from this housing area will be discussed.

Suicide prevention

All military and civilian members are required to attend one of the following briefings at the Base Theater to satisfy their annual suicide awareness training requirement: April 11 at 3 p.m. and April 13 at 7:30 a.m.

Holy Week 2005

The following is a schedule for Holy Week 2005:  
■ Today: Noon showing of “The Passion of the Christ” in Chapel 1; 3 p.m. Liturgy of the Lord’s Passion (Catholic) in Chapel 1; 6:30 p.m. Showing of “The Passion of the Christ” in Chapel 1; 8 p.m. Good Friday Ser-

vice (Protestant) in Chapel 1  
■ Saturday: 7 p.m. Easter Vigil (Catholic) in Chapel 1  
■ Sunday: 7 a.m. Easter Sunrise Service (Protestant) in Chapel 1; 10:30 a.m. Easter Sunday Mass (Catholic) in Chapel 1; 5 p.m. Easter Sunday Mass (Catholic) in Chapel 2; 6 p.m. Fellowship Service (Protestant) in Chapel 1.

ESPEAK helps

The Enlisted Spouses of Elmendorf Alaska, ESPEAK, is more than a social group; it’s a group of men and women, from various units who support the base by volunteering, providing financial assistance and offering educational briefings for their members. From providing financial support to the First Term Airman Center to volunteering at the children’s health fair at the hospital, ESPEAK helps out where it can. For more information, or to volunteer, call Mrs. Donna Baker at 868-1193 or Mrs. Suzie Rennie at 622-4102.

Chess tournament

The Thunderbird Open Chess Tournament is April 9 at 9:30 a.m. at the Arctic Oasis Community Center. Registration is from 8:30-9 a.m. for \$5 for ages 6-12 and \$10 for ages 13 and up. Participants must be members of the U.S. Chess Federation.

Loaner furniture

The Housing Office has 90-day furniture loaner kits and long-term loaner appliances for people who have just arrived or have orders to depart Elmendorf. For more information, call 552-2599/4439.



Chapel Schedule

Catholic Parish

- Monday through Wednesday and Friday Mass: 11:30 a.m. at the Chapel Center
- Thursday Mass: 11:30 a.m. at the Hospital Chapel
- Sunday Mass: 10:30 a.m. at Chapel 1
- Sunday Evening Mass: 5 p.m. at Chapel 2
- Confession: 6 p.m. Sundays at Chapel 2

Protestant Sunday

- Liturgical Service: 9 a.m. at Chapel 2
- Celebration Service: 9 a.m. at Chapel 1
- Gospel Service: noon at Chapel 1
- Fellowship Praise: 6 p.m. at Chapel 1

Religious Education

- Catholic Religious Education: Sunday at 9 a.m. at the Chapel Center.
  - Protestant Sunday School: 10:30 a.m. at the Chapel Center.
- For more information, call the Chapel at 552-4422.



# Tax filing deadline draws closer for Arctic Warriors

By Staff Sgt. Ryan Mattox  
3rd Wing Public Affairs

The end of tax season is fast approaching, and the 3rd Wing Tax Center is still taking customers and filing tax returns for Arctic Warriors until the April 15 deadline.

The Tax Center has helped 1,243 clients, bringing in total refunds of \$2,447,508 and saving \$208,017 in fees.

People using the tax center should take their

W-2s, children’s social security cards, their routing number for bank accounts (the first nine digits on the bottom left corner of a check or deposit slip), receipts for deductions, and other related tax documents to assist volunteers in preparing returns. Most appointments run approximately 30 minutes to one hour. However, people who have capital gains/losses or own stocks and bonds may take longer.

“Our team of unit tax advisors are eager to assist you with your tax return, however, our services

are limited to preparing individual tax returns,” said Staff Sgt. Karie Mixon, 3rd Wing Judge Advocate noncommissioned officer in charge of the tax center. “For example, if you own your own business, other than a home daycare, or if you own rental property other than a home you are renting in your absence, your tax return is outside the scope of what we are authorized to do.”

Here are some tips the Internal Revenue Service offered on ways to avoid the last-minute rush:

■ Resist the temptation to put off taxes until the last minute. Your haste to meet the filing deadline may cause you to overlook potential sources of tax savings and will likely increase your risk of making an error.

■ Tax preparation time can be significantly reduced if you develop a system for organizing your records and receipts. Start with the income, deduction, and tax credit items that were on last year’s return.

■ For those who cannot make it in to see their unit tax representative or the tax center, the IRS has formed a partnership to help qualified taxpayers electronically prepare and file their federal tax returns for free. Go to [www.irs.gov](http://www.irs.gov) and link to the Free File page to see if you’re eligible.

If you need help filing your taxes, call your unit tax advisor first. If your UTA cannot assist you and you wish to make an appointment, call the tax center at 552-3832. Their hours are:

Monday – 8 a.m. to 4 p.m.

Tuesday – 10 a.m. to 2 p.m. appointments only; 2-4 p.m. are walk-in services

Wednesday – 8 a.m. to 4 p.m.

Thursday – 8 a.m. to 4 p.m.

Friday - 8 a.m. to noon for walk-in service

The tax center can serve all active-duty members, their families, retirees and Department of Defense non-appropriated fund employees.



STAFF SGT. RHIANNON WILLARD

**Mrs. Debbie Kodiak, income tax technician, helps an Elmendorf Airman with his 2004 taxes in the 3rd Wing Tax Center during walk in hours on March 18. Mrs. Kodiak is the only full-time tax technician in the tax center.**



# Top 5 Enlisted Issue #3 – Fitness

Senior Master Sgt. Jeanie Buxton  
3rd Services Squadron

Can you imagine an Elmendorf Fitness Center with over 100,000 square feet? Let me tell you about our planned fitness facility upgrades and how we anticipate meeting the physical fitness training needs of our troops as they prepare to deploy any-time, any-where.

Within the walls of our new fitness center weights will clank, hearts will pound and calories will be burned beyond your expectations. Imagine not having to run outside in the winter, or not waiting in line for a treadmill. With the new construction, we are planning to add an indoor running track. It won't be Olympic-sized, in fact, it will be smaller than we'd really like, but it will be indoors and safe year round. Maybe running on the track is not your thing; do you prefer a cardio work-out but hate waiting in line? Well, we have the answer for that too! Right now our facility has approximately 53 pieces of cardio equipment; with the renovation we will be able to accommodate more than 130 pieces of cardio equipment to include: treadmills, cross-trainers, upright bikes, steppers, etc. For all of our aerobics fans, we are building three additional multi-purpose aerobics rooms for our popular classes such as spinning, yoga and other group exercise classes. We are also building new racquetball

courts that meet tournament standards.

Come by the fitness center anytime and look at the plans for the facility upgrades. The story boards are posted and the staff would love to tell you about our plans.

Right now, our add/alter fitness center project is in the contracting phase. Once the contract is awarded we anticipate construction to start in the fall. It will take a while and things will be a bit more complicated while construction is underway. Present plans include moving the exercise equipment to the new Arctic Oasis Annex (presently called the old commissary) while the gym is closed for construction.

We will continue to face some challenges.

We simply don't have enough money at this time to build an indoor track large enough to support running in large groups or fitness testing indoors during the winter. At this point, the best we can do is to provide as many indoor cardio training opportunities as possible. We also remain committed to providing quality fitness opportunities in our dormitories and, where possible, in our large work sections.

I am the issues champion for Elmendorf Enlisted Issue #3 — Fitness. Please contact me through email or at 552-7247 if you have any questions or recommendations for future improvements.

*Editor's note: This is the fourth in our series of articles outlining the Elmendorf Top 5 Enlisted Issues.*



## Moments in Enlisted History

- June 14, 1912, Cpl. Vernon Burge became the Army's first enlisted pilot.
- Sept. 28, 1912, Cpl. Frank S. Scott became the first enlisted fatality in Signal Corps Aviation.
- Sept. 5, 1923, Sgt. Ulysses Nero became the first person to sink a battleship using an airplane.
- In 1941, Congress authorized an enlisted pilot training program.
- July 8, 1948, Esther Blake became the first woman to enlist in the Air Force. She enlisted on the first minute of the first hour of the first day regular Air Force duty was authorized.
- In April 1967, Chief Master Sgt. Paul Airey became the first Chief Master Sergeant of the Air Force.
- In 1970, the Senior Enlisted Advisor position was created to help fill the gaps between the Chief Master Sgt. of the Air Force and the major commands. This position was renamed the Command Chief Master Sergeant Nov. 1, 1998.
- In 1977, the enlisted force was reorganized into three tiers: senior noncommissioned officer, NCO and Airman.
- Oct. 3, 1993, Tech. Sgt. Timothy Wilkinson, a pararescueman with the 24th Special Tactics Squadron, gave his life in an attempt to rescue downed helicopter crew members in Mogadishu, Somalia. He was posthumously awarded the Air Force Cross.



# Arctic Life

Great living in the great land



COURTESY PHOTO

With its modern, recently constructed facility, the 3rd Medical Group provides health services for military members and their families.

## 3rd Medical Group modernizes records system

*Computerized information being used for convenience, accuracy and privacy at hospital*

Bank financial records are computerized. Billions of dollars travel electronically every day. A full automobile maintenance history is available with a few strokes of a computer keyboard. Tax returns are filed on the web and stored centrally. Yet, Military Health System medical records are still a hodge-podge of paper forms and reports thrown together in a folder and carted manually from location to location.

Fortunately, this cumbersome record system is on the verge of extinction, as the MHS evolves from its old pen and paper ways into the electronic age. The Composite Health Care System II, a complete Computer-based Patient Record, is coming to the 3rd MDG.

Both military and civilian health care leaders consider a CPR indispensable for improving clinical quality and safety. An Institute of Medicine study found many weaknesses

in paper-based systems, including illegible, inaccurate or missing content; poor format; and difficulties with access to and retrieval of data.

Similarly, the impetus for a MHS CPR grew out of problems revealed during Gulf War illness investigations. Non-standardized and incomplete medical records significantly hindered the Department of Defense from screening medical information.

Prompted by a mandate from President Clinton for a comprehensive, life-long medical record, the DoD quickly realized the importance of capitalizing on computer technology as a solution.

CHCS II offers both direct and indirect advantages to you as the patient. The most obvious advantage is your record is accessible to all providers involved in your care from any clinic that has CHCS II installed. Entries in your record are legible, and automatically logged

with the date, time, and name of the person who wrote the note. Special alerts notify the provider of any drug allergies, critical laboratory results, or medication incompatibilities you may have. Wellness reminders, specific to your age and gender, inform health staff when your screening exams are due.

An understandable concern is the confidentiality and security of your medical records. Only authorized health personnel with a proper user ID and password may view your record, and, unlike paper records, the type of information the viewer sees is further restricted to a role-based "need to know." Security measures are in compliance with national guidelines specific to electronic patient records, such as the Health Insurance Portability and Accountability Act.

Paper records will not simply disappear. Currently, they are the only place where past medical history is located. For the time being, back up copies of CHCS II documents will

be printed out and filed in your paper medical record. Over time, as the clinical data repository is populated with medical information, reliance on paper records will decrease.

Implementing a computer system as sophisticated as CHCS II is not easy - the learning curve for our health care staff is steep. Consequently, the 3rd MDG needs your help. To allow time for the staff to gain proficiency on the system, schedules will be adjusted and the number of appointments will be decreased. You might find it difficult to get a same day appointment, but no need will go unmet. 3rd MDG will make every effort to deliver the quality care you deserve and expect during this transition period. The pay off for your patience will ultimately result in a vastly improved and safer MHS medical records system.

*(Editor's note: This story was provided by the 3rd Medical Group.)*



Lt. Col. Maurice McDonald, Commander

### Unit Spotlight

#### 3rd Logistics Readiness Squadron

##### MISSION:

The 3rd LRS manages 1,250 vehicles, issues more than 55 million gallons of jet fuel, arranges movement for 11 thousand passengers, nine thousand personal property shipments, and 10 million pounds of cargo annually. They manage ground transportation for 110 thousand passengers and more than 20 million pounds of cargo over 152 thousand miles, and supports five thousand home-station and transient aircrews. They also manage logistical aspects of wartime preparedness for the installation and provide aerial delivery support for Pacific Air Forces contingencies.







TECH SGT. ADRIAN CADIZ

Above: Staff Sgt. Brian Obst, combat arms instructor, 3rd Security Forces Squadron, ensures the safety of Arctic Warriors as they qualify on the 9mm pistol.  
Below: Staff Sgt. Christopher Gunderman and his dog Arko, 3rd SFS, search out explosive ordnance in a base Defense Reclamation Management Office warehouse during a training exercise.  
On the cover: Staff Sgt. Michelle Klein, 3rd SFS, writes out a citation for a speeder on base.



STAFF SGT. SUE NUCKOLLS



STAFF SGT. SUE NUCKOLLS

## Security Forces meets challenge

By Staff Sgt. Mike Edwards  
3rd Wing Public Affairs

When it comes to doing their job the right way and keeping the people of Elmendorf safe, no one shines more than the men and women of the 3rd Security Force Squadron, who recently were named the winners of the 2004 PACAF Outstanding Security Forces Large Unit Award. Additionally, the unit is in contention for the next level of the competition as the Best Large Security Forces Unit in the Air Force, vying for the honor against Edwards Air Force Base, Calif. For both of these awards it is the personnel assigned who made them possible.

This accomplishment comes in the face of challenges such as minimum six-month Air Expeditionary Forces deployments and manning levels.

“Some people think all we do is check people’s ID at the gate, but that just isn’t true,” said Capt. Christopher Callis, 3rd SFS deputy commander and operations officer. “The Airman checking your ID at the gate today may have been escorting convoys, manning a .50 caliber machine gun or tactically moving through the deserts of Iraq just a few weeks ago.”

Whether deployed or at their home station, Security Forces personnel have three main jobs – law enforcement, weapons system security and air base defense. Of these three, the role of air base defense may be the least-known role unless someone has spent any time at a deployed location, according to Captain Callis who has been in Security Forces for the past seven and a half years.

He mentioned it is this aspect of the job that attempts to seek and destroy any threats to the air base, thus allowing continued sortie operations.

When they aren’t deployed, Security Forces members keep busy in other ways.

“We are responsible for the Combat Arms Training and Maintenance which means we are responsible for training Elmendorf personnel on the use of weapons such as the M-9, M-16, or the M-4,” said Senior Airman Kristina French, 3rd SFS Visitor Control Center technician. “We also issue the passes and vehicle decals people need to get access to the base.”

In addition to their traditional role of law enforcement, the people of the 3rd SFS find themselves taking on extra or unusual roles, depending on circumstances.

“I remember a couple of years ago the base was being hit with hurricane-force winds mixed with very cold air which drove temperatures down to the negative 30s and 40s,” said Captain Callis. “Pipes above the Law Enforcement Desk broke, we had to respond to downed power lines all over the base and at the same time, we had to respond to a bomb threat at the BX and Commissary. We worked with the folks at the 3rd Logistics Readiness Squadron to get some buses to shelter the customers and employees we had to evacuate. It was a very memorable experience.”

Whether they are having a routine day or responding to an unusual situation, the women and men of the 3rd SFS continue to show why they were selected as the best in PACAF.

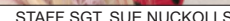
“Despite the difficulties and issues we face, our squadron is able to adapt and overcome whatever situation is at hand,” said Airman French.



TECH SGT. ADRIAN CADIZ

Above: From the law enforcement desk, the hub of security forces operations, Staff Sgt. Shane Menard, 3rd SFS, pulls up a base map on his computer as Staff Sgt. Charles Fortier uses a radio to direct patrol cars to a vehicle accident scene.  
Top: Staff Sgt. Michelle Klein, 3rd SFS, checks for speeders with the lite R unit used to clock speeds on the roads.





## Hop over to Youth Center for Eggstravaganza

For more information on this event or to volunteer, call the Youth Center at 552-2266 or the Arctic Oasis Community Center at 552-8529.

**MOVIE:** *Are We There Yet* (PG) Nick, a smooth operator, is trying to land a date with Suzanne. Problem is Suzanne, a divorcee, is stuck working in Vancouver and miserable. 7 p.m.

*Are We There Yet (PG)*  
See Friday for movie  
details. 7 p.m.

**MOVIE:** *Boogeyman*  
(PG-13) Tim is a man who is still haunted by traumatic memories of his past, many linked to the death of his father.  
7 p.m.

**PARADISE CAFÉ:** Try the Paradise Café's espresso flavor of the month for 20 percent off or stop by to try some of our brand new soups. These soups are an addition to our extensive menu, which includes sandwiches, salads, pizza, shakes, smoothies, muffins and other snacks. Be sure to stop by the Arctic Oasis Community Center and check out the children's birthday packages available as well for pick up and delivery.

*\* Skills Development Center classes must be signed up for three days in advance.*

22. NY Giant Manning  
23. Flecks  
24. United Nations org. for children  
25. Downgrade  
27. MOH recipient Maj. Louis J. \_\_\_\_\_  
28. MOH recipient Capt. Steven L. \_\_\_\_\_  
29. Commotion  
33. Expunged  
34. Behold  
37. Neither Rep. or Dem.  
40. MOH recipient Capt. John S. \_\_\_\_\_, Jr.  
43. Employee  
45. Dine  
46. Come in to again  
47. Stuff  
50. Penn movie \_\_\_\_ *Sam*  
56. Capture someone's attention inconspicuously  
57. Raise, as in children  
58. Othello villian  
60. \_\_\_\_ over; miss  
62. Police advisory, in short  
63. Golden Girl Arthur  
64. Grown up acorn  
65. Ply  
67. Flyer with 5 or more kills  
68. Currently  
69. USN rank



# SPORTS NEWS

## Hillberg Youth Ski Team holds last race of season



PHOTOS BY AIRMAN 1ST CLASS GARRETT HOTHAN

Above: Jessica McCluskey, member of the Hillberg Youth Ski Team and daughter of Staff Sgt. William McCluskey from the 3rd Maintenance Group, carves up the mountain during the State Eight and Under Ski Championship at the Hillberg Ski Area Saturday. The race marked the final race of the season for Jessica and the rest of her team, composed of Air Force and Army members ages 4-14. The racers were presented with awards for their season-long efforts in more than 20 practices and six races. The youth race top finishers were given medals based on their race results listed below.

Right: Ashlee Weller, team member and daughter of Tech. Sgt. Scott Weller from the Air Force Band of the Pacific, zips down the mountain.



By Senior Airman Amy Morrisette  
3rd Wing Public Affairs

The final race of the season for the base youth ski team was hosted at the Hillberg Ski Area Saturday.

Nineteen boys and girls of the Hillberg Youth Ski Team, an organization that teaches Elmendorf and Fort Richardson youth to ski and race, competed in the State Eight and Under Ski Championship.

“I don’t think you could find a person on the team who did not have a great time,” said Bobby Stone, club and team president.

The team is composed of about 100 Air Force and Army youth, ages 4 to 14. They race against other teams from around the state in the same age category and they’ve been working on improving their skills since November.

“Our primary purpose has been to have fun, teach the kids to ski and introduce them to the sport of downhill racing,” said Stone. “Many of these kids have never skied before and by the end of the sesason are proficient and excited skiers and racers.”

As a result of their season-long hard work and accomplishments, all the rac-

ers were recognized in the lodge after the race ended. “We are very proud of our kid’s accomplishments,” said Stone. “Medals were presented to the top six places in each category for three different races.”

According to Stone, each youth raced in a slalom, a downhill and a giant slalom race. “All of the racers earned medals, and trophies were presented to the top racers in each race,” he said.

The team was also recognized and supported by the Anchorage community, including Costco, Home Depot, Cold Stone Ice Cream, REI, Blockbuster Video, Peter Glenn Ski and Sports, Pinnacle Sports, McDonalds, and Alaska Mining and Diving.

From weekly practices to the half-dozen races, the team kept busy this year. For one team member, Sarah, 10, it’s her second year on the team and she said she still learned new things.

“I learned how to do tucks and improve my turns this year,” she said. “The best part was having fun and meeting new friends.” She said she’s excited to ski with the team next year.

For more information about the team, e-mail [james.stone@elmendorf.af.mil](mailto:james.stone@elmendorf.af.mil).

### Hillberg Youth Ski Team top finishes

SLALOM:				GIANT SLALOM:				DOWNHILL:			
Patrick Farrell	2nd	Evan Benedict	5th	JT Adams	2nd	Tess McDonald	5th	Patrick Farrell	2nd	Sean Deakins	6th
Madison Farrell	2nd	Michael Wolfe	6th	Ashlee Weller	3rd	Evan Benedict	5th	Jordan Farrell	2nd	Jessica Meyer	6th
Jaiden McCluskey	2nd	Tess McDonald	6th	Jami Stone	3rd	Tori Adams	6th	Ashlee Weller	2nd	James Demoss	6th
Ashlee Weller	3rd	James Demoss	6th	Madison Farrell	3rd	Patrick Farrell	6th	Jacob Plant	2nd	Jacob Plant	7th
Jami Stone	3rd	Jacob Plant	7th	Jaiden McCluskey	3rd	Jacob Plant	6th	Jami Stone	3rd	Tess McDonald	7th
Jordan Farrell	3rd	Tori Adams	8th	Amanda Meyer	4th	Justin Patin	7th	Madison Farrell	3rd	Justin Patin	8th
JT Adams	3rd	Justin Patin	8th	Jessica Meyer	4th	Michael Wolfe	7th	Amanda Meyer	4th	Tori Adams	8th
Amanda Meyer	4th	Sean Deakins	8th	Jordan Farrell	4th	Sean Deakins	8th	Jaiden McCluskey	4th	Michael Wolfe	8th
Jessica Meyer	5th	Jessica McCluskey	9th	James Demoss	4th	Jessi Stone	9th	Evan Benedict	5th	Jessi Stone	9th
		Jessi Stone	10th			Jessica McCluskey	10th	JT Adams	5th	Jessica McCluskey	10th